



Low-Impact Exercise

for Seniors or Adults
with Limited Mobility

Sit & Be Fit

Auberry Library

33049 Auberry Road | 855.8523

Thursdays at 12pm

Betty Rodriguez Library

3040 N. Cedar Ave. | 600.9245

Every other Monday at 10am & 10:30am

Fowler Library

306 S. 7th Street | 600.9281

Saturdays at 11am

Fig Garden Library

3071 W. Bullard Ave. | 600.4071

Thursdays at 10am & 11:30am

Gillis Library

629 W. Dakota Ave. | 225.0140

Tuesdays at 11am

Sanger Library

1812 Seventh Street | 875.2435

Fridays at 11am

West Fresno Library

188 E. California Ave. | 600.9277

Thursdays at 10:30am

Community Center Sites:

Mosqueda Center

4670 E. Butler Ave.

Wednesdays at 10:30am

Pinedale Community Center

7170 N San Pablo Ave.

Wednesdays at 10am

Senior Citizens Village

1917 S. Chestnut Ave.

Tuesdays at 10:30am

Ted C. Wills Community Center

770 N San Pablo Ave.

Wednesdays at 9:30am

Limited space.

Some libraries require registration.

APRIL THROUGH JUNE 2019



fresnolibrary.org

This program was supported in whole or in part by the U.S. Institute of Museum and Library Services under the provisions of the Library Services and Technology Act, administered in California by the State Librarian.